



Merry Christmas!!

Welcome to the Event Information for the Extremely Jolly race at Escot Estate EX11 1LU on Saturday 9<sup>th</sup> December 2023.

**THIS IS A CUPLESS EVENT!! - Please bring your own cup or bottle. There are also soft eco cups available to purchase from race HQ when you collect your race number. £3 cash or card.**

Please take a moment to read through this Event Information in full, it's long but I hope it will answer any questions you have, if you do need to contact me please email [admin@jollyrunning.uk](mailto:admin@jollyrunning.uk)

However, as it's just me in the business I'll be busy setting up at Escot from Monday 4th up until the event therefore it will take me longer to respond to any queries. The deadline to transfer or defer has passed therefore if you are unable to make the event for any reason, I am unable to do anything, sorry. Please do not give your race number to someone else as this is very dangerous for the runner and they will not be insured to run under your name unless the swap has been done officially through Racenation. They will also be disqualified from entering.

**Event Information - The Events is at Escot House, Ottery St Mary, Devon, EX11 1LU.**

**The Extremely Jolly race starts at 11:00 am**

**Race Numbers/Registration** - Registration is located at Race HQ and will be open at **9:30am**. You collect your race number from the Jolly Running Race HQ gazebo on the morning of the event. There will be 3 queues based on the first letter of your surname, please queue up in the relevant line. A - G, H - P and R - Y. Please see the Race HQ Layout Map below.

**The Extremely Jolly race briefing will be at 10:45am and the race will start at 11:00am**

The race briefing is held at Race HQ.

Race numbers must be worn at all times on your front and be visible to marshals, medical and event crew, please also make sure your race number is clearly visible on the finish line. The event is chip timed as it is timing.

**\*\* Please fill in the back of your race number with your emergency contact details and any medical information prior to the event please \*\* This is extremely important to me that this is done as it is the first thing we will look at if you are involved in a medical emergency and saves valuable time rather than having to refer back to the race paperwork. I will also have given certain relevant medical information to the Medical Team on the day in order for them to be aware and respond effectively and appropriately. Your personal medical information is dealt with the strictest confidentiality.**

**Results** - The event is chip timed. A link for your results will be made available to you. Results will also be officially published on the Jolly Running website and Jolly Running Facebook page as soon as possible.

## Fancy Dress & Shoe Choice

Trail shoes are highly, highly, highly recommended. The Extremely Jolly is just that... Extreme! There may be a few water crossings ( the water levels will be assessed on the morning and may be omitted from the race if deemed too high ) muddy technical tracks with rubble and leaves and not forgetting the waterslide so a change of clothes for afterwards is definitely recommended. There will be a 'changing gazebo' at Race HQ. Please bring a bin liner to stand on to change as there will not be flooring in the gazebo.

Fancy Dress is optional, but always encouraged to add to the fun of things, please also remember to dress according to the weather, it may be cold and there are some stream/river crossings. A change of clothes for afterwards is recommended.

## Event Parking

The event is held at Escot Estate, please use the main entrance as shown on the map below, the postcode is EX11 1LU please follow the brown signs to Escot, if coming from Torbay, Paignton, Exeter etc Take the A30 and leave at the Fenny Bridges exit to the B3177, at the bottom of the sliproad turn right and then right again, follow the signs. we will have some signage to help you find the event.

The map below shows where the car parking is located at Escot, please follow our parking marshals instructions. Please Do not park in the car park in front of Escot House as this is for Escot Residents only and please DO NOT PARK IN WILDWOOD's car park as this has previously given me a lot of trouble from the owner of wildwood and I would hate this to affect me returning to Escot. Please only park on the grass area in front of Escot House, the grass has a gravel sub layer.

Please park as advised in the photos, facing downwards to ensure your car does not get stuck on the grass, we are aiming for you to be able to drive on and drive off. Please try to avoid turning or weaving on the grass as this may cause you to get stuck. Please do not park in the alternative parking location, this is only to be used if you are instructed to do so by a parking marshal.

If on the day we are using the ALTERNATIVE PARKING please park in a single line, the way shown by the red line of cars keeping two wheels on the pathway so that you will not get stuck.

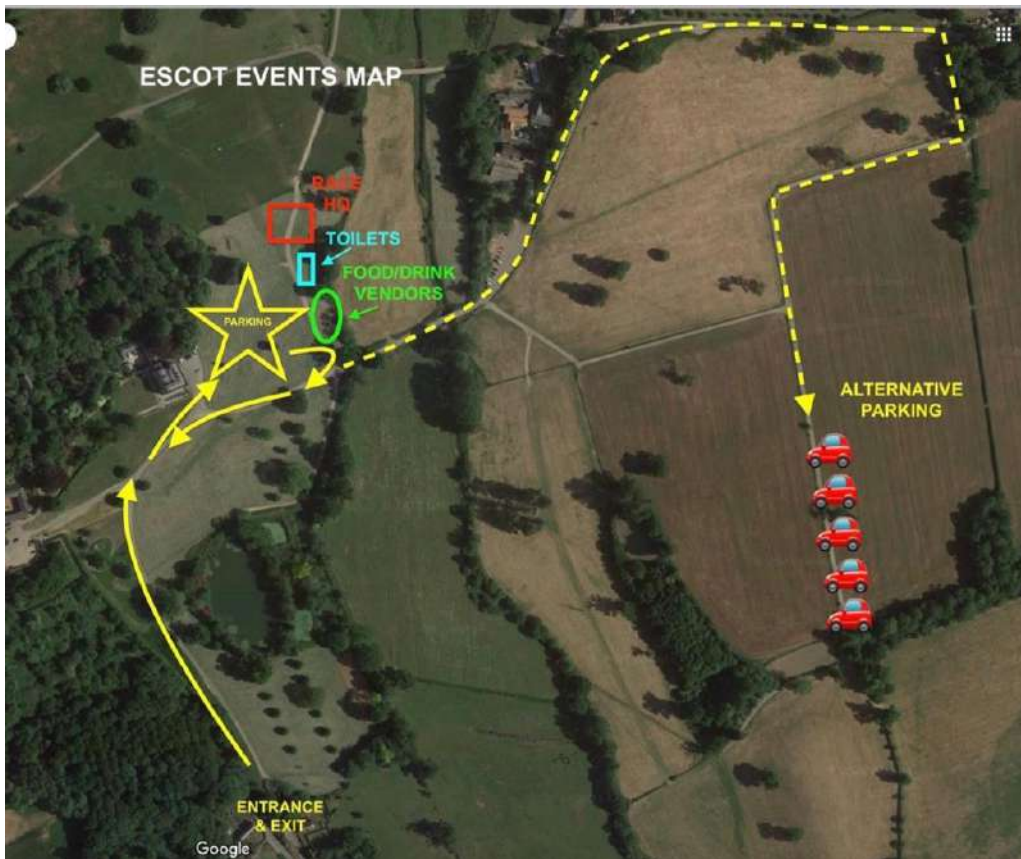
**Some tips for driving on the grass:** Please drive slowly with low and steady revs, if you over-rev you may start spinning and once your wheels start to spin that's it. Please try not to turn on the grass.

When leaving the event, drive down the field to the gravel pathway opposite the food vendors and exit the way you came in. Please take care when leaving as there may be runners, marshals and spectators on the driveway and course.



Escot's Entrance.

Below is a map showing the locations of the car park, toilets, food & drink, Race HQ.



Exit the way you came in please.



Please park like this.

## **Baggage**

There is no baggage tent as the car park is just feet away from Race HQ and the Start/Finish line. We will have a box at HQ for us to hold your car keys while you run, there will be luggage labels available for you to attach to your keys.

## **Race HQ**

Is the grey Jolly Running logo gazebo. It is located along the path from the parking green in front of Escot House. It is managed by my amazing crew, consisting of my mum, my daughters and my friends Sara & Richard. Without them I simply wouldn't be able to organise the events.

## On the Route

This year the route has some changes to make it a 10k distance.

Please look out for your fellow runners on the event, if someone falls please take time to check they are ok and back on their feet and let a marshal know of any issues. The route is 95% off road, on grass, fields, gravel paths, muddy paths and trails, the elements and quad bikes have made a few trails quite tricky. Trail shoes are recommended for the event as road shoes will give you no grip in the mud and on stones and you'll be like Bambi on ice!! Some tracks and trails have rubble and bricks on which can be covered by the leaves so please take care.

Please no littering on the event, we are lucky to be able to run around this gorgeous private countryside estate and any littering would jeopardise me being able to hold future events here, littering may also lead to disqualification. There are bins at all aid stations and Race HQ.

There is one small section in the first woods, where some of the back markers may encounter quad bikes, they have been warned of the event and will be going very slowly along this section. Please be vigilant as we do not have right of way over the quad bikes, there will be marshals here for your safety.

There is one particular part of the route in the second woods across the road from Escot that has a steep downhill. I would advise that this short section is not runnable. Please walk down it to reduce your risk of falling and injury. There will be a marshal at the top to supervise you. The terrain here is mud, wet leaves with hidden bricks and rubble. Please take care. There will be medical crew nearby however this is the most difficult location on the route for an emergency extrication.

There are three sections on the route where runners may be going in both directions, please follow marshal instructions.

## Route Marking

The route will be marked with **Yellow Jolly Running arrow signs**, red and white biodegradable tape and small wire flags in the ground. Follow these and you can't go wrong. We also have marshals along the route. If you do not see any route markings for a while and think you may be lost please re-trace your steps back until the last markings. Listen to the marshal instructions if they tell you a section is slippery, please take care. All marshals have radios to be in constant communication with myself and the medical team should any issues arise. There will also be a pair of back runners to ensure everyone has finished the run safely, the back runners have radio's for contact too.

## Road Crossing

There is a Road Crossing on the route, at the entrance of Escot, which you will come to at mile 2.3 and again from the other direction at 4 miles. There will be road marshals here to warn you of the crossing and help you cross, **they do not have the power to stop the traffic**, it is not a very busy road, but cars can travel fast, please listen to and follow the marshal instructions here, if they ask you to stop, **PLEASE STOP**, your safety is our priority.

## Water Stop – Jollification Station

**THIS IS A CUPLESS EVENT** - Please bring your cup or bottle. There are also soft eco cups available to purchase from race hq on collecting your race number.

There is a Water Station at Mile 2 and our 'Jollification Station' at 3.4 miles then the water station again at 4.3 miles. Water, snacks and refreshments will be available, we also have Vegetarian and Vegan options such as skittles which will be labelled. There will be a few pick n mix style options as well as individual packets.

## Marshals

YOUR SAFETY IS ALWAYS MY TOP PRIORITY and the routes are heavily marshalled by my family, friends and members of the running community most of them are runners themselves or relatives of runners taking part. No matter how much organising of the events I do none of it can happen without the marshals who give their time so kindly and generously.

## WATER SLIDE

Please for your safety and validity of my insurance please only **ONE PERSON AT A TIME** to go down the water slide. Once down please move away from the bottom of the slide promptly to allow the next person down, so that other runners aren't standing in the cold waiting for the slide. The slide is kept slippery with water and No Tears Baby Bath, it's hypoallergenic and will also not harm the aquatic wildlife in the river at the bottom of the field. If you are allergic to this particular soap please do not participate on the slide. Please make sure that your race number is still attached after the slide as this provides your race time. The slide is optional and you can choose not to go down it. If you are opting out please follow the route up to the slide but walk down the opposite side of the slide and continue to follow all the course markings.

**IMPORTANT:** In 2021, for the first time, a runner sustained an injury on the slide. It was a significant injury to the runner's hand at the end of the slide. This is something that I never want to happen again. Because of this please adopt the following position as it is the safest position on the slide. When on the slide please, please, please, I know it's a natural instinct but please **DO NOT PUT YOUR HANDS DOWN AT THE BOTTOM OF THE SLIDE**. Please sit up or lie flat and keep your arms crossed over your chest and do not put your hands down to slow your exit from the bottom of the slide onto the grass/mud.

Please see the picture below of how to position your hands whilst on the slide.



## First Aid

I have a professional Medical Team with paramedics in attendance at the event, these are my personal colleagues from South Western NHS Ambulance Service, please ask them for any assistance required. Medical crew will be positioned at the slide at all times, they will also be in the woods over the road from Escot and also at Race HQ. All marshals have radios to be in constant communication with myself and the medical team should any issues arise, they also have a small first aid kit, blister plaster & foil blanket with them. As well as directing you and keeping you safe they are also assessing how you're doing. If a marshal feels you may need assistance please honour their wishes as sometimes injury, fatigue, dehydration and exhaustion can affect your judgement. If you experience any problems or health issues whilst competing, please let any of the marshals, medics or myself know. I am also ambulance crew and have a first aid kit at race HQ.

## Runners Box

Also if you have forgotten anything I have a 'Runners box' with all sorts of things you may need but didn't pack. Please ask for this at Race HQ.

## Headphones

No headphones are allowed on this event, you will need to be aware of your surroundings and be able to hear important marshal instructions at all times especially at the road crossing.

## Prizes

We have a bespoke hand made awards for the 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female. I will aim to give these as soon as possible to minimise you waiting around and getting cold.

## The Finish

This event is chip timed this year, please make sure that your race number is attached as you cross the finish line.

Upon finishing you will be given your well-earned Extremely Jolly bespoke medal and you will have the choice of a fleece buff.

**Spectators** - Spectators are most welcome to see you at the Start/Finish area and certain areas of the route like the slide as long as there is no obstruction to the course, please let them know there are areas of Escot which are private and to stick to the public footpaths only. Dogs are welcome with spectators but must be kept on a lead at all times as there are sheep and cattle around and please do not let your dog on the course, please also clean up after them. Thank you.

## Food & Drink

We have some lovely food and drink options for you at the Extremely Jolly.

**Provided by The Emergency Food Truck** they will serve hot and cold drinks and a selection of sweet and savoury food.

## FEEDBACK

I hope you have fun and enjoy the event. I plan the events in my spare time from my full time job and it is just myself in the Jolly Running Team that organises every aspect of the events. I must admit it is a juggle and blood, sweat and sometimes tears go into it but I strive to put all my effort into every detail of the events. However, I'm not perfect and sometimes things don't pan out the way I anticipate them to. Sometimes as there frequently is in race organising are unforeseen circumstances that happen on the day, sometimes I can fix them behind the scenes without any effect on the event but sometimes I cannot which will result in me making last minute route changes or contingency plans. It is important to me that my event is a happy, fun and positive running experience for you therefore if you feel something was 'not so jolly' or I could do something better I very much welcome your opinion and suggestion as I would like to make my events the best they can be. If you are not happy about something **Please, Please come and talk to me before leaving the event** and I will do my best to try to rectify anything. I would hate for you to leave and me be unaware of your feelings.

If you've managed to read this in it's entirety without falling asleep then that deserves a medal in itself!!! Now all you have to do is plan your fancy dress, turn up and run 😊  
Thank you and see you soon.

**Tracey x**